

# ABSTRACT OF THE DISCLOSURE

Closed loop and open loop control mechanisms are disclosed for adjusting the power headroom in a mobile station. The closed loop control comprises receiving a load indication from a base station indicative of the reverse link load, and adjusting the power headroom of the mobile station based on the load indication. The open loop control mechanism comprises counting the number of times that the mobile station is power limited, and adjusting the power headroom threshold based on the count.